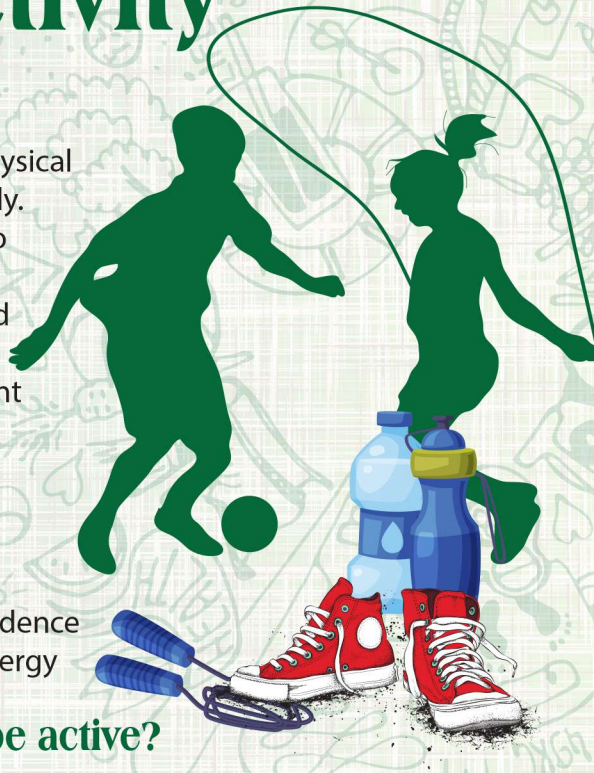
Why is physical activity important for children?

To be healthy, all children need physical activity. Physical activity is any activity that involves moving the body. For example, walking, jumping, or dancing. It is also important for children to be involved in active (physical) play that makes a child breathe faster and deeper, get warm, increases the heartbeat, and/or creates redness in cheeks. Active play is important for social, emotional, and physical development.



Physical activity helps children in many ways.

- Builds stronger bones and muscles
- Creates connections in the brain
- Develops healthy relationships
- Creates calm and ability to focus
- Builds confidence
- Releases energy

What is your child's favourite way to be active?

healthy HABITS

For healthy growth and development, children need unstructured physical activity and active play (free time), and structured physical activity and active play (organized activities and games).

It is important for children to be physically active inside and outside and to try different activities such as running, jumping, balancing, throwing, and catching.

What are some active play ideas you can do with your child?

List different activities you could do with your child together in the space below.

Active Play Ideas	
Inside	**Outside**
Pretend to be animals	Play tag

"Play gives children a chance to practice what they are learning."

Mr. Fred Rogers

Community Action Program for Children (CAPC) Saskatchewan

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